



Quickstart your Kayak!

A BEYOND BOW Introduction to Kayaking Workshop!

Instruction provided by *Black Parrot Paddling!*

Saturday, May 21, 2011

9:00 a.m. to 5:00 p.m.

Proud Lake Recreation Area - Heavner Canoe Livery

2775 Garden Road-Milford, Michigan

Phone: (248) 685-2379

Black Parrot Paddling, LLC, & Heavner Canoe and Kayak Livery, Inc. team up with BOW to offer the American Canoe Association's, ACA, "Introduction to Kayaking" course. The course is designed to be an introduction for beginners or novice paddlers to the sport of kayaking.

Major land based topics covered will be selection of proper safety equipment, clothing, additional safety items, orientation to kayak paddles and a discussion regarding the various types of kayaks, their design features and the appropriate venues for each. There will also be a short discussion on stretching, weather awareness, hypo and hyper-thermia and other potential hazards.

On the water segments will cover proper entry and exit of the kayak, proper paddle grip and introduction to the "total body kayak stroke". A full set of strokes suitable for beginners will be introduced with appropriate practice activities and coaching. Wet exits and various rescue techniques will be demonstrated and participants will be encouraged to participate to assure each paddler's ability for self or assisted rescue appropriate to the type of kayak being paddled. As always, individuals may determine their level of involvement in any activity in the class. Time allowing, a relaxing paddle around the lake to give the participants a chance to apply their new skills will wrap up the on water portion of the day.

Each participant will be provided an information packet with additional information on equipment, safety items and other appropriate resources.

An ACA course outline will serve as the *basis* for the course although instructors have the discretion to amend the course content based on weather, paddler's skills/abilities and other unforeseen circumstance based on their professional judgment. Visit: Blackparrotpaddling.com for more details regarding instruction!



PLEASE BRING YOUR OWN SACK LUNCH FOR THE DAY!

BEVERAGES WILL BE PROVIDED!

ITEMS TO BRING: Sun protection, extra dry clothing to wear home, insect repellent

THIS EVENT WILL TAKE PLACE RAIN OR SHINE! PLEASE DRESS ACCORDINGLY!

For driving directions visit: www.heavnercanoe.com

For questions please contact Sue Tabor, MI BOW Coordinator

Email: dnr-outdoors-woman@michigan.gov or Phone: (517) 241-2225

CLASS IS LIMITED TO 10 WOMEN! PLEASE REGISTER EARLY!



Michigan Department of Natural Resources

BECOMING AN OUTDOORS-WOMAN

**REGISTRATION FOR
BEYOND BOW KAYAKING WORKSHOP!**

*This information is required by authority of the Michigan Department
of Natural Resources for participation consideration.*



NO SKILL LEVEL REQUIRED!

REGISTER EARLY!

WORKSHOP SPACE IS LIMITED

FIRST REGISTERED - FIRST ENROLLED

WHERE

**PROUD LAKE RECREATION AREA
2775 GARDEN ROAD
MILFORD, MI 48381**

WHEN

**SATURDAY, MAY 21, 2011
9:00 A.M. TO 5:00 P.M.**

COST

\$100 PER PERSON

**REGISTRATION
DEADLINE**

THURSDAY, MAY 12, 2011

YOU MUST PRE-REGISTER FOR THIS CLASS! WALK-UPS CANNOT BE ACCEPTED!

Print or type. Use separate registration for each person; photocopy for additional registrants.

Name	Are you 18 years of age or older? <input type="checkbox"/> No <input type="checkbox"/> Yes
Address	Do you have special accommodation needs (If yes, please state) <input type="checkbox"/> No <input type="checkbox"/> Yes
City, State, ZIP	Dietary Preferences (if meals are included) N/A PLEASE PROVIDE YOUR OWN SACK LUNCH! BEVERAGES WILL BE PROVIDED!
Telephone (daytime) ()	Is this your first BOW event? <input type="checkbox"/> No <input type="checkbox"/> Yes
E-mail (please print clearly!)	Emergency Contact Name and Telephone

CERTIFICATION

I certify that all the information I have provided is true and accurate to the best of my knowledge, I have read and understand the information contained herein; I recognize and understand that the program involves some risks and I take responsibility for all action or injury that may result from participation. Further, I release the State of Michigan and its agents and instructors, from any and all liability for any such injuries.

Signature

Date

PHOTOGRAPH AND/OR VIDEO RELEASE

I hereby grant permission to use my photograph or video of me taken during this BOW event in any official publicity pieces. Publicity pieces include (but are not limited to) news releases, publications, videos and web use.

Signature

Date

Make check or money order payable to "State of Michigan" and send with completed and signed registration to:

**CASHIER'S OFFICE
MICHIGAN DEPARTMENT OF NATURAL RESOURCES
P O BOX 30451
LANSING MI 48908**

For more details contact:
Sue Tabor, BOW State Coordinator
Email: dnr-outdoors-woman@michigan.gov
Phone: (517) 241-2225

OR

Purchase this class through e-store found on the opening page-lower right hand margin at www.michigan.gov/bow. Click on e-store and then click on the specific icon for this class to make your payment. **Please note: online registration is not yet available.** You will still need to fill out this form and mail it to the cashier's office or fax to: (517) 373-1547

You may also scan and email your form to:

Dnr-outdoors-woman@michigan.gov

FOR DNR USE ONLY

Index - 28310

PCA - 20000

AOBJ - 9172